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Monday, April 2, 2018 metro.us | t: MetroNewYork | f: MetroNewYork

IS TIME UP FOR HORNACEK?

Rumors swirl as the Knicks' head coach nears the end of another disappointing season. 24

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5 THINGS YOU NEED TO KNOW

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NIKKI M MASCALI, REPORTER

The city is looking for a few good solar providers to literally put the sun in Sunset Park via a rooftop solar garden at Brooklyn Army Terminal. The NYC Economic Development Corporation is seeking proposals to turn up to 100,000 square feet of space into a subscription-based shared solar program for local businesses and residents in the Brooklyn neighborhood. Find out more on page 4 or visit **metro.us**.

1 TRUMP TWEETS THAT ANY DACA DEAL IS NOW OFF

President Donald Trump said on Sunday that there will be no deal on legalizing the status on young adult immigrants known as Dreamers, declaring on Twitter that the U.S.-Mexico border is becoming more dangerous. After tweeting a "Happy Easter" message, Trump followed with: "Border Patrol Agents are not allowed to properly do their job at the Border because of ridiculous liberal (Democrat) laws like Catch & Release. Getting more dangerous. 'Caravans' coming. Republicans must go to Nuclear Option to pass tough laws NOW. NO MORE DACA DEAL!" DACA (Deferred Action for Childhood Arrivals) is the program created in 2012 under Democratic former President Barack Obama that Trump sought to rescind last autumn. "Mexico has got to help us at the border," the president told reporters on his way into an Easter church service. "A lot of people are coming in because they want to take advantage of DACA. They had a great chance. The Democrats blew it." His DACA tweets came shortly after a report on Fox News that a "caravan" of mostly Honduran migrants was crossing Mexico and headed to the United States, "either illegally or by asking for asylum." ***Read more on page 8.***

2 KEY GOP SENATOR GIVES WARNING ON SYRIA

A senior Republican senator on Sunday warned President Donald Trump against pulling U.S. troops from Syria, saying it would lead to a resurgence of Islamic State and increased Iranian sway over the Syrian government in Damascus. "It'd be the single worst decision the president could make," Republican Sen. Lindsey Graham, a member of the Senate Armed Services Committee, said on Fox News on Sunday. "We got ISIL on the ropes. You want to let 'em off the ropes, remove American soldiers," Graham said, using an acronym for Islamic State. With Islamic State having lost almost all the territory it once held in Syria, Trump has told advisers he wants an early exit of U.S. troops. That position appears to put the president at odds with U.S. military officials, who see the fight against Islamic State as far from complete. The White House's National Security Council is expected to meet early next week to discuss the U.S.-led campaign against Islamic State in Syria. An administration official told Reuters that Trump's advisers believe the U.S. military needs to stay in Syria in small numbers for at least two more years.

3 UNREST IN THE GAZA STRIP

Protesters run during clashes with Israeli security forces following a demonstration near the border with Israel along the Gaza Strip on March 31, 2018. The UN Security Council heard fears of a further escalation in Israeli-Palestinian violence in the Gaza Strip during emergency talks Friday, despite a failure to agree to a joint statement on the deadly clashes.

GETTY IMAGES

4 NY MOVES TO OFFSET TAX CHANGES IN NEW BUDGET

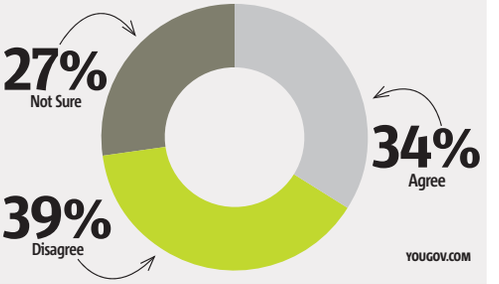
New York Gov. Andrew Cuomo and the state legislature agreed late on Friday on a $168 billion budget for fiscal 2019, including measures aimed at offsetting damage to taxpayers from new federal tax changes. Cuomo outlined details of the agreement before the Senate and Assembly voted to pass the legislation needed to adopt the budget. The new fiscal year began on Sunday, April 1. The governor likened the federal tax changes enacted early this year to a missile launched at New York. "We're under attack by the federal government and they're not trying to make our lives easier, frankly, they're trying to make our lives harder," he said. To avoid a new federal cap on state and local tax deductions, New York will make those payments charitable contributions, similar to measures working their way through other states. The budget also includes a new fee on for-hire vehicles in Manhattan that would raise $415 million annually for the MTA, which runs the city's decaying subway system and has been the subject of repeated squabbles between Cuomo and New York City Mayor Bill de Blasio.

5 NYC BRACES FOR SPRING SNOWFALL ON MONDAY

The National Weather Service issued a winter weather advisory in effect from 2 a.m. to 2 p.m. Monday for the New York City area, CBS2 reported. The advisory stated that residents could expect 2 to 4 inches of snow throughout the early parts of the day, with greater amounts at higher elevations and on grassy or unpaved surfaces. The city's Department of Sanitation also issued a snow alert, CBS2 added, as the quickly moving weather disturbance will make Monday morning's commute more difficult with snow showers, rain and sleet, but temperatures should remain in the 40s. The area of low pressure moved across the upper Midwest over Easter weekend, ABC News reported, stating that by Monday morning, snowfall is expected along the I-95 corridor from Washington, D.C., to Boston, although the snow will have trouble sticking to roadways. Behind the storm, colder air is moving in, ABC News added. As the storm moves east, areas across the I-95 corridor could expect wind chills in the 20s, which will make it feel nearly 40 degrees colder than it felt at the end of last week. **JASON NUCKOLLS**

WALMART DECISION

Walmart has decided to stop selling the magazine Cosmopolitan in its checkout aisles. An anti-pornography group is taking credit for the move, saying that the magazine is "hyper-sexualized and sexually objectifying". Do you agree or disagree with Walmart's decision to remove the magazine from checkout aisles?



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Brooklyn Army Terminal solar panel could put the sun in Sunset Park

"In launching this effort, we're able to deliver clean, affordable energy to the community while adding to the roster of innovative products made at the Brooklyn Army Terminal."

NIKKI M. MASCALI
nikki.mascali@metro.us

The NYC Economic Development Corporation is looking for a few good solar providers to literally put the sun in Sunset Park to bring a rooftop solar garden to the Brooklyn Army Terminal.

The NYCEDC is offering up to 100,000 square feet of space to pilot what will be a subscription-based shared solar program for local businesses and residents of the Brooklyn neighborhood, similar to initiatives seen in Sacramento and Washington state.

"The Brooklyn Army Terminal has become a hub for modern industrial businesses, and a true community asset in Sunset Park," NYCEDC President and CEO James Patchett said. "In launching this effort, we're able to deliver clean, affordable energy to the community while adding to the roster of innovative products made at the Brooklyn Army Terminal."

"... it will provide many residents and businesses an alternative option for more affordable energy."

City Councilman Paul Vallone, chair of the Committee on Economic Development

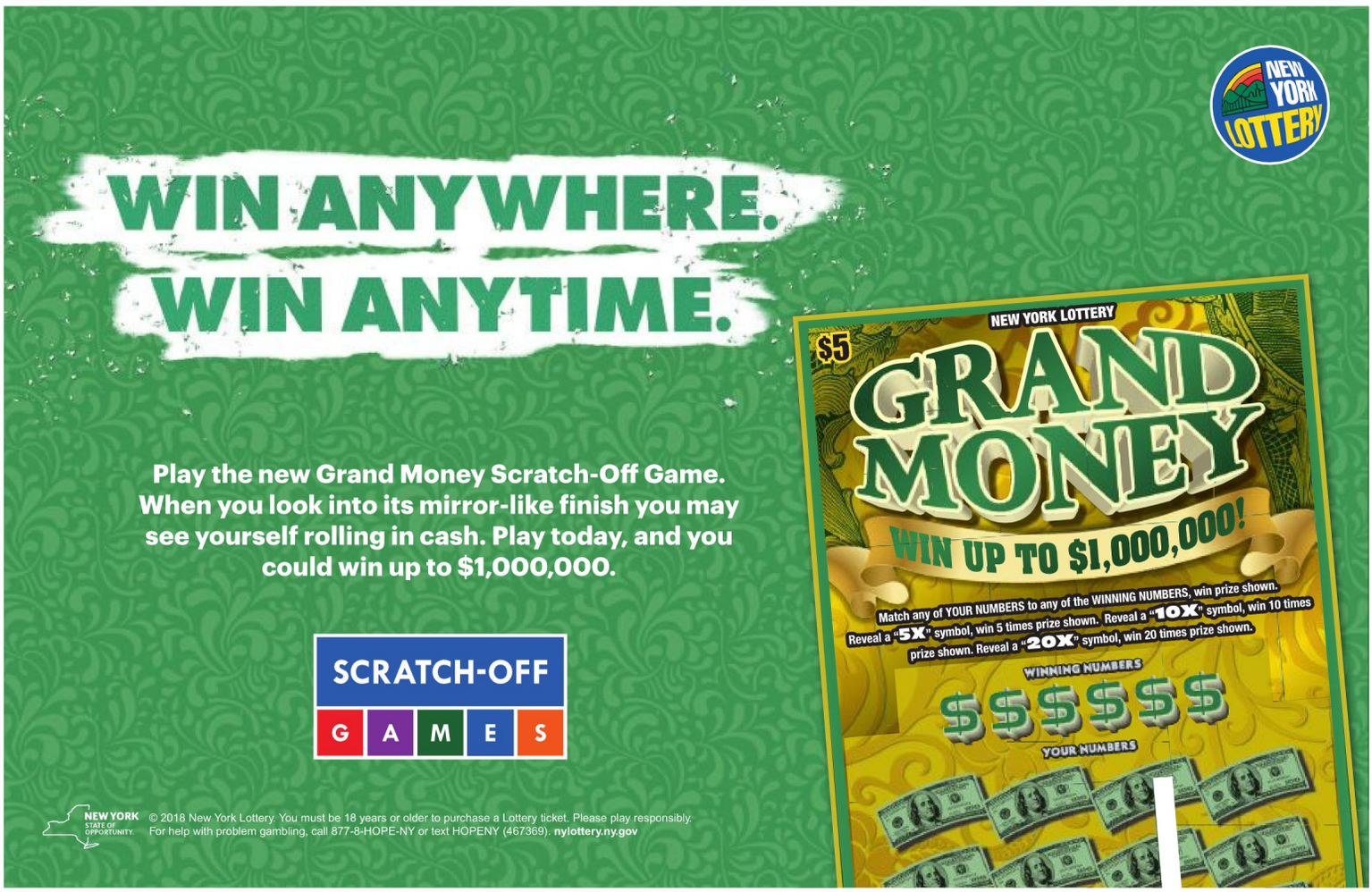
The agency is seeking proposals from experienced solar power providers and local community organizations and will choose a developer based on factors that include the quality of their proposal, the company's experience and proposed fee.

Subscribers of the future shared solar program would pay a monthly membership fee in place of an electric bill.

"Not only does this initiative make strides towards a greener NYC, it will provide many residents and businesses an alternative option for more affordable energy," said City Councilman Paul Vallone, chair of the Committee on Economic Development. "There is real promise for these public-private partnerships to be successful when they provide tangible benefits to New Yorkers and their small businesses."

Interested solar providers can view the request for proposal atnycedc.com/opportunities. Submissions are due to NYCEDC by May 23 at 4 p.m. and must include five sets of the proposal. Any questions or clarifications needed for the solar garden pilot must be sent to the agency by May 10.

The NYCEDC is seeking proposals from solar power providers and local community organizations and will choose a developer based on factors that include the quality of their proposal, the company's experience and proposed fee. NYCEDC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NYC Transit president hosts first of new monthly Twitter Q&A

Andy Byford, president of NYC Transit, answered straphanger questions about the subway on Twitter.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Andy Byford, the president of NYC Transit GETTY IMAGES

If you usually lament about your morning MTA commute on Twitter, you'll now have a chance to use that online platform to speak to the NYC Transit president directly every month.

New York City Transit President Andy Byford hosted a Twitter Q&A on Thursday to hear directly from frustrated straphangers.

The online exchange is part of an ongoing effort to improve transparency and customer service, the MTA said, and will be a monthly occurrence. The first chat session was March 29 from 10:30 a.m. to noon.

To participate, riders tweeted out their questions within that time period using the hashtag #AskNYCT. Byford and NYC Transit's new Chief Customer Officer Sarah Meyer responded live using the @NYCTSubway Twitter handle.

"I think it's important to have regular and direct contact with transit riders – that's why I ride subways and buses everywhere and why I'm excited to do these chats," Byford said in a statement. "Other members of my staff will be more engaged with customers than ever before by also participating in these chats."

The MTA wanted the first chat to specifically focus on subways, but going forward Byford will take questions on any and all aspect of NYC Transit.

Next month's session will center around buses and Access-A-Ride paratransit service, and future chats will feature other members of NYC Transit leadership.

Byford started at NYC Transit in January after five years as CEO of the Toronto Transit Commission.

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	Unit Size	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
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	1 bedroom	$558	1	→	1 people	$21,086 - $26,720
					2 people	$21,086 - $30,560
	2 bedroom	$676	1	→	2 people	$25,166 - $30,560
					3 people	$25,166 - $34,360
					4 people	$25,166 - $38,160
50% AREA MEDIAN INCOME (AMI) UNITS	Studio	$670	8	→	1 person	$24,858 - $33,400
	1 bedroom	$720	5	→	1 people	$26,640 - $33,400
					2 people	$26,640 - $38,200
	2 bedroom	$870	8	→	2 people	$31,818 - $38,200
					3 people	$31,818 - $42,950
					4 people	$31,818 - $47,700
100% AREA MEDIAN INCOME (AMI) UNITS	Studio	$996	21	→	1 person	$36,035 - $66,800
	1 bedroom	$1,254	22	→	1 people	$44,949 - $66,800
					2 people	$44,949 - $76,400
	2 bedroom	$1,511	46	→	2 people	$53,795 - $76,400
					3 people	$53,795 - $85,900
					4 people	$53,795 - $95,400
110% AREA MEDIAN INCOME (AMI) UNITS	2 bedroom	$1,706	6	→	2 people	$60,480 - $84,040
					3 people	$60,480 - $94,490
					4 people	$60,480 - $104,940
	3 bedroom	$1,965	2	→	3 people	$69,909 - $94,490
					4 people	$69,909 - $104,940
					5 people	$69,909 - $113,410
					6 people	$69,909 - $121,770

[1] Tenant pays electricity
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: Webster Commons D c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **May 28th, 2018.** Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Webster Commons D c/o The Wavecrest Management Team, 87-14116th Street, Richmond Hill, NY 11418.** En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **28 de mayo 2018**

简体中文 访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**Webster Commons D c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418** 信封背面请用英语注 明 "CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2018 年 5 月 28 日

Русский Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **Webster Commons D c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418.** На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **28 май 2018**

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President Trump on Sunday tweeted that he no longer supports a DACA deal. GETTY IMAGES

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TRUMP'S AMERICA

HAPPY EASTER, YOU LOSERS!

ELLIS HENICAN

Analysis

Christ has died, Christ has risen — Donald Trump is going to insult again.

What? You thought that Easter, the holiest day of the Christian calendar, might soften the heart of America's insult-spewing president?

Then, you probably also believe in the Easter Bunny! Anyone hoping for a modern miracle is feeling now like an April fool!

The only question in Palm Beach on Sunday was which of God's children would get Trump-slimed first, as Donald, Melania and oh-yeah-she's-my-other-daughter Tiffany Trump headed off to a joyous Easter service at Bethesda-by-the-Sea Episcopal Church. Bethesda is a special place for the Trumps. It's where Melania and Donald were married and where son Barron was baptized.

"Trump was on the Twitter machine, hurling Easter stink-eggs at — you probably guessed it — the Mexicans."
Ellis Henican

Would it be the Mexicans? The Democrats? The DACA kids? Really, anyone could be targeted next on this blessed day.

We didn't have to wait long to find out. Even before the 11 a.m. service, Trump was on the Twitter machine, hurling Easter stink-eggs at — you probably guessed it — the Mexicans. After a pro-forma "HAPPY EASTER!" he lit right in:"Mexico is doing very little, if not NOTHING, at stopping people from flowing into Mexico through their Southern Border, and then into the U.S. They laugh at our dumb immigration laws. They must stop the big drug and people flows, or I will stop their cash cow, NAFTA. NEED WALL!"

Then, he promptly turned his Easter fire on the DACA kids, publicly rescinding his support for any deal with Democrats that might legalize undocumented immigrants brought here as children: "NO MORE DACA DEAL. These big flows of people are all trying to take advantage of DACA. They want in on the act!"

As he walked into church with his wife and daughter, Trump immediately dispelled any hope that the Bethesda Choir's sweet hymns might spread some grace his way. Apparently forgetting that he was the one who ordered the end to Barack Obama's Deferred Action for Childhood Arrivals program, the leader of the free world sneered: "They had a great chance. The Democrats blew it."

Asked if all this meant he was giving up entirely on the undocumented children, he started walking and didn't turn back.

Happy Easter Monday, everyone.

Metro columnist Ellis Henican is the best-selling author of a dozen books, including "TRUMPITUDE: The Secret Confessions of Donald's Brain." Join him on Twitter @henican.

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Queens, NY 11432

Bronx
5221 Broadway Ave
Bronx, NY 10463

384 E 149 St., Ste 201
Bronx, NY 10455

NEW
2157 White Plains Rd
Bronx, NY 10462

Long Island
260 Sunrise Hwy,
Valley Stream, NY 11581

Suburban NY/ Rockland County
156 Route 59, Ste B1
Suffern, NY 10901

New Jersey
766 Shrewsbury Ave., Ste 300
Tinton Falls, NJ 07724

81 Route 37 West
Toms River, NJ 08755

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NYC creates central hub for immigrants to access services and resources

The Immigrant Information Desks offer full-time navigators to refer residents to healthcare, IDNYC and other hyperlocal resources.

NIKKI M. MASCALI
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To further continue New York City's efforts to be a sanctuary city for immigrants despite continued threats made by the Trump administration, officials on Thursday launched the NYC Immigrant Information Desk.

Created by the Mayor's Office of Immigrant Affairs (MOIA) and City Council, the three in-person resource hubs in Queens, Brooklyn and East Harlem will give immigrant residents a central location to access resources like health care, social and legal services, workforce development, eviction prevention help and IDNYC with full-time navigators who speak their languages. The desks will be funded with support from City Council.

"This initiative was born out of the council's desire to provide rapid-response assistance to immigrants in need of city services at a time when distrust of government is at an all-time high," Council Speaker Corey Johnson said in a statement. "The new immigrant resource desks will play a critical role in helping immigrant and mixed-status families connect with the breadth of resources available to them."

The Immigrant Information Desk will be available at the following three locations:

- **Flushing Library** (196-36 Northern Blvd., Flushing) This office will be open Monday through Friday from 9 a.m. to 6 p.m., Saturday from 10 a.m. to 2 p.m. and Sunday noon to 5 p.m.
- **Coney Island S22 SNAP Center** (2857-2865 West 8th St., 1st floor, Brooklyn) This office will be open Monday through Friday from 9 a.m. to 5 p.m.
- **NYC Health + Hospital/Metropolitan** (1901 1st Ave., East Harlem) This office will be open Monday through Friday from 9 a.m. to 5 p.m.

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Why Are So Many Knee Ar
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New York Doc's Merge Best of High Te

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Hundreds of worst arthritis sufferers from tri-state are

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted one of the doc's at ***NYC Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NYC Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid or at the very least delay knee replacement surgery is doing the correct treatment as soon as possible".*

What is the "correct treatment?"

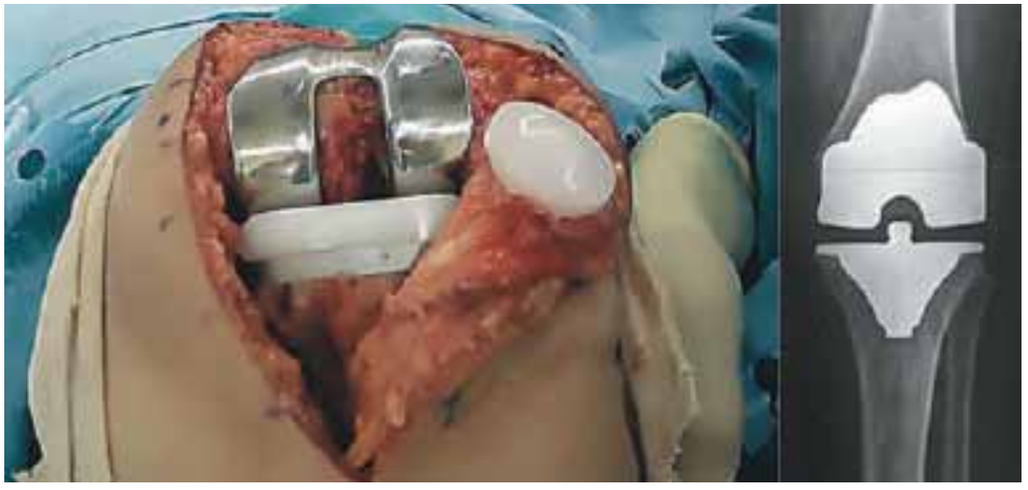
"That depends," noted the doc. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* he added.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby an FDA-approved preparation of Hyaluronic acid - a gel-like medicine is - applied ultra-precisely and virtually painlessly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosusupplementation gets the best results and is so important when trying to avoid surgery.

The director of treatment believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NYC Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to.go. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.

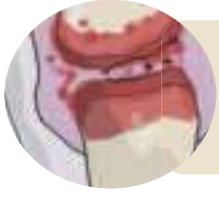


Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife

Normal Pain-Free Knee Joint

Everyone Wants Proof:

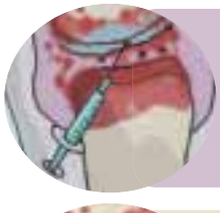
In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you

Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

thritis Sufferers Choosing dures Before Surgery?

ch Medicine And All Natural Treatments

n covered by insurance amongst top reasons for high patient demand... a call weekly to find out if treatment may be right for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because thousands of knee pain sufferers have flocked to the ***NYC Pain MD*** New York City for their brand of treatment.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid techncially) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it can be excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

But...when introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get viscosupplementation from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place he Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time.".*

Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* used this P.A.T. Imaging Technology with each and every treatment.

"***NYC Pain MD*** is a state of the art medical facility offering the best technology".

And that's not all . . .

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years or more for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added one of the clinic's doctors.

How To Find Out If It Can Help You?

If you have knee pain, the ***NYC Pain MD*** doctors would like to see if you do qualify for a No-Cost, No-obligation screening to see if you may be candidate for their treatments using *Precision Arthritis Targeting Technology.*

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Auto Accident plans
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Aetna • Cigna • Empire • Oxford • Ghi • 1199 Blue Cross Blue Shield & others
**EZ payment plans ($99 per month) also available*

All you have to do is call 800-885-KNEE (5633) right now. However, due to extremely high call volume, you may not get a live scheduling coordinator. In that case, do NOT hangup. Just leave a message with your name, phone number and best time for us to reach you. A patient coordinator will get back you as soon as possible to find out if you qualify for the no-cost screening and then find you an appointment time.

And here's something really important -
Viscosupplementation treatments are covered by many insurances, union plans ... even medicare. So, to schedule your no obligation screening or if you have any questions -

Call: 800 885 KNEE (5633)

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD? Find Out Today*

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?
- Have you already tried viscosupplemention (Hyalgan, Supartz Synvisc) without satisfactory results?

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A new musical will focus on an immigrant family literally swept up in the Boston Molasses Flood. BOSTON PUBLIC LIBRARY FLICKR

The story of Boston's molasses flood disaster is now becoming an off-Broadway musical

The 1919 molasses flood that devastated Boston is the backdrop to a new musical that will premiere this spring.

KRISTIN TOUSSAINT
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Most Bostonians know the story of the 1919 molasses flood, but now the bizarre disaster will get a broader audience through an off-Broadway musical.

Called "Molasses in January," the show will focus on an Italian immigrant family "who are literally swept up in the Boston Molasses Disaster," according to Broadway.com.

Here's a refresher of the real story: On Jan. 5, 1919, a tidal wave of molasses — yes, the sugary syrup — crashed through the streets of Boston. A holding tank had burst, sending 2.3 million gallons of the sticky stuff surging through the city.

The rush reached heights of 15 feet, killing 21 people, injuring more than 150 others, leveling buildings and crushing cars and even part of a train platform around Commercial Street in the North End.

The musical adaptation will take place between 1915 and 1919 in Boston's North End with the disaster as a backdrop to the tale.

"'Molasses in January' tells the story of Anna, a single mother doing her best to raise her children in a world caught up in the turmoil of the first World War," Broadway.com reads. "As rumors grow about the potential construction of an enormous molasses tank that will be used to make liquor and gunpowder for the war, so do the hopes for potential prosperity."

But then, the tank bursts and millions of gallons of molasses flood around Anna, and "her family discovers that life can change in a moment," according to BroadwayWorld.com.

The musical, written and composed by Francine Pellegrino, will be performed in the "traditional style of the Great American Song Book," similar to "Fiddler on the Roof," and the cast features Lianne Gennaco, Anie Delgado, Grace Experience, Cali LaSpina, Joe Marx, Joe Redman, Daniel Artuso and Zachary Harris Martin.

Premiere Information

"Molasses in January" will premiere at the Jerry Orbach Theatre at The Theater Center, 1627 Broadway, this spring. Previews will begin on May 2 and the show will officially open on May 24. Tickets are $35 to $80 on Ticketmaster. Performances will be on Wednesdays and Thursdays at 7:30 p.m. and Saturdays at 5 p.m.

21
NUMBER OF PEOPLE KILLED IN THE MOLASSES FLOOD

150
NUMBER OF PEOPLE INJURED IN THE MOLASSES FLOOD

Twenty-one people were killed on Commercial Street in the North End when a tank of molasses ruptured and exploded in 1919. NICOLAUS CZARNECKI

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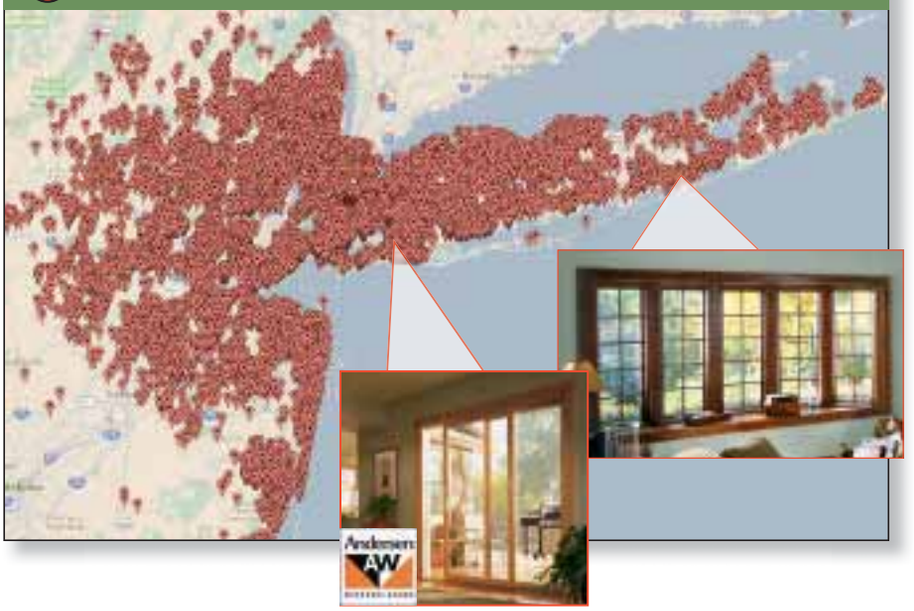

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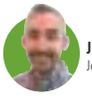

JOSHUA CROUTHAMEL
Joshua.Crouthamel@metro.us

PODCAST

Business Wars

The backstory on how Netflix nailed Blockbuster's coffin during a snowy VIP encounter in Colorado — WHAT? Or the punch-ups between Adidas and Nike, let alone DC and m-f-ing MARVEL? These are super interesting tales, and they shape the world as we know it, as people who spend money on, well, fun things like movies and sneakers.

MUSIC

Casey Abrams

I don't watch "American Idol," so learning that this talented 20-something ginger was on TV in 2011 came as a bit of a shock. But his talent and tunes mean he'll be on my future shuffle. If the idea of a Dave Matthews Band / Frank Sinatra / Ed Sheeran mash-up works for you audibly, tunes with lyrics like "I'm high on love and drunk on you" make for great jazzy background music. And foreplay.

SXSW: The Austin 100

"Pop Culture Happy Hour" is a fave podcast of mine, and regular contributor Stephen Thompson has recently made available his Austin 100. GOLD. Thompson listens to more music, across every genre, than anyone you know, and he compiles an annual reflection of the best six-plus hours from SXSW. Then makes it available, for free.

BOOK

A Day in the Life of Marlon Bundo

John Oliver is an f-ing genius. Upon learning that Vice President and Super Scary Person Mike Pence had a children's book ("Bunny of the United States"), the satirist released an alternative version about Marlon — a boy bunny who falls in love with another boy bunny. Voiced by Jim Parsons, Jesse Tyler Ferguson, Ellie Kemper, John Lithgow and more, this is a very enjoyable hop as you mop. If you pay for this rather than enjoying during a free trial, know that your cash is going to the Trevor Project and AIDS United.

BED

Rain Sounds

This free app appeals to both travelers-to-dreamtown and jetsetters alike — choose between the trickle of an alpine stream in Austria or some brutal waves in Australia as the background for a very sound sleep (plus lots more — rain on a tin roof, a winter whirl of wind, etc.). Believe you me, I'm not headed to either "Aus-" anytime soon, but to overpower an overnight guest's snores or the blaring of a fire siren on the street, this can't be beat.

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Hollywood needs to accept and embrace Netflix

The director of "First Match" insists her film wouldn't have got made without it

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

"First Match" revolves around high school wrestler Monique's (Elvire Emanuelle) battle in the ring against male opposition, who she routinely beats with ease, as well as her attempts to forge a relationship with her estranged father Darrel (Yahya Abdul-Mateen II).

It turns out that Olivia Newman, writer and director of "First Match," was involved in similar inner battles throughout the development and production on the film, too. Not only has she had to fight for the chance to tell this story in the male-dominated cinematic field, but once she was given the opportunity to do so by Netflix, she had to weigh the pros and cons of working with the streaming website.

"First Match" was originally a short film; talk about its journey to feature.

I made the short film when I was a graduate at Columbia. Girls wrestling boys in high school was something I had been made aware of, and I became interested in who are these girls who want to do that. It had become a growing phenomenon, because there weren't enough girls who wanted to fight.

Do you see yourself in Mo?

I was a little bit of a tomboy growing up. I wanted to play sports with my older brother all the time, especially because I was athletic. But I was never as good. So I think when I saw these girls taking down boys on the mat there was something really inspiring to me. Because they were underestimated but proved themselves, and I am in a field that is dominated by men. I am constantly having to prove myself and make sure that I am taken seriously and that the stories I want to tell are taken seriously. There is a little bit of Mo in me. I feel like I am

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Don't mess with Monique.
ALLPHOTOS PROVIDED BY NETFLIX

constantly trying to be heard and seen.

When did Netflix get involved?
We had spent a good year or so trying to raise money for the film. Then Netflix came in and gave us the financing just based on the merits of the script. They know they have a wide enough audience to find the specific viewers for anything. I didn't go into this movie thinking it would be a Netflix film. I am still adapting to this new model. Like any filmmaker I feel resistance.

"We have to be open to different platforms for people watching our movies."

Because I want my movie to be seen on the big screen with a community. But at the same time I also want my movie to be seen. And I know I will get more people watching the film on Netflix over a movie theatre. We have to be open to different platforms for people watching our movies. It sucks when you hear that Cannes are no longer accepting Netflix movies. The independent film world is already shrinking because of box office numbers. Netflix keeps this kind of storytelling alive. It needs to be appreciated, not shunned. Because otherwise these films wouldn't have got made. We as filmmakers have to accept it and embrace it and figure out how to work within it.

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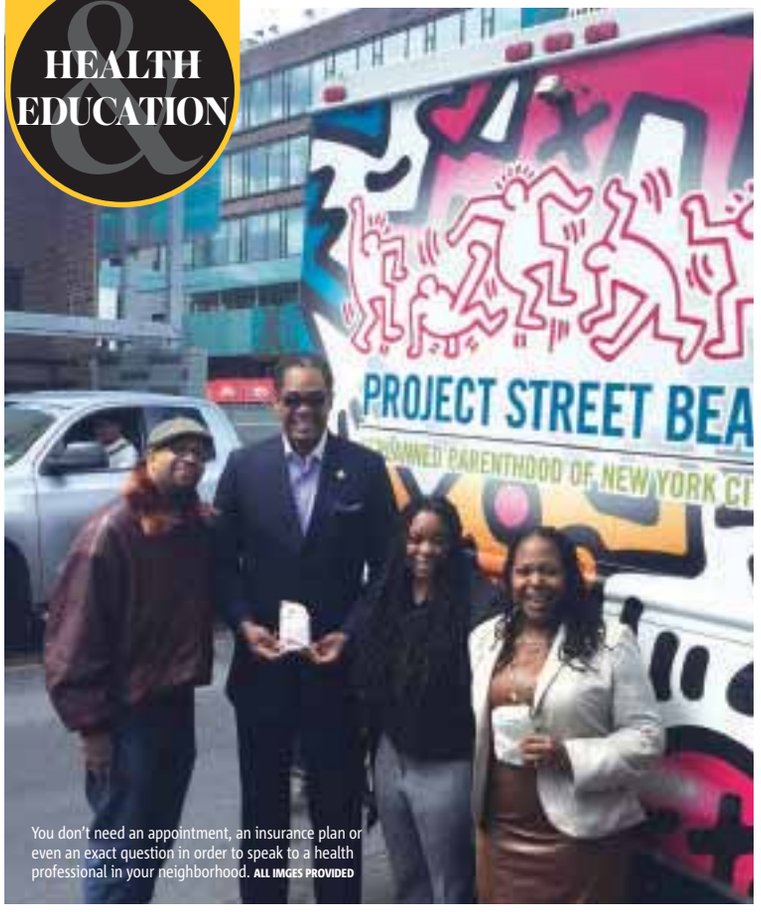

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Planned Parenthood's presence on the streets across NYC celebrates 30 years

With the help of its mobile unit, the sexual health advocate is in every borough.

JOSHUA CROUTHAMEL
Joshua.Crouthamel@metro.us

Planned Parenthood is under attack nationwide, but here in New York City access to vital health services and sexual health information and care isn't at all ready to shut any doors — in fact, they're coming to yours.

Project Street Beat is celebrating 30 years of bringing Planned Parenthood New York services to Central Brooklyn, the South Bronx and Upper Manhattan.

With artwork lent by Keith Haring, Planned Parenthood's mobile unit distributes condoms, does STD testing, educates, hosts a needle exchange, distributes clean needles, prescribes PEP and PrEP (both of which prevent

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The organization has a presence in all five boroughs, but Project Street Beat brings that presence to underserved and at-risk communities who may not be able to take time off work in order to make a doctor's appointment or feel comfortable in a clinical environment.

They offer care to all genders, any immigration status and to every person who comes to them with a question or need, regardless of their experience or ability to pay.

Originally sent out to be an HIV prevention and access-to-care unit, Project Street Beat does so much more. It serves marginalized New Yorkers, as well as those of us who live within the margins but still lack access to healthcare or healthcare providers who operate without prejudice.

Keith Haring, the late New York City-based artist, is best known for his iconic 1980s sketches and paintings. His foundation has lent such work to AIDS and HIV-related causes since his death in 1990, and you're sure to recognize his iconography even if his name is new to you. Haring artwork covers the mobile unit, thus making it easy to spot as a safe space for anyone. Its also a transformative application — a trailer truck has become a welcoming, warm environment for a person in trauma. There, they can engage with qualified experts who can then care for and advise on essential human health.

"I want to show people that having HIV? Having AIDS? It's not an ending."

Planned Parenthood client

A surprising number of the Project Street Beat team first found their ways into the mobile unit as patients. Clients. Nervous pedestrians. People with questions and without caring, unbiased physicians. Or simply without enough money or time to find one.

"I want to show people that having HIV? Having AIDS? It's not an ending. The staff [at Project Street Beat] showed me I can live. I'm alive," says a client in the Planned Parenthood video.

"There is actually somebody that knows first-hand, than understands first-hand what they're going through," shares Eric Fairchild, from Project Street Beat.

Check out PlannedParenthood.org for future Street Beat locations and times.

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It's a marathon, not a sprint.

It took roughly two years to pay off the final $7,500 she owed in credit card debt, estimates Kumiko Ehrmantraut, founder of The Budget Mom, a personal finance blog. But she was able to do it in part because she got serious about a certain pastime: running.

"I'm a long-distance runner, and running is free," she says. "So instead of shopping on Saturdays — which I would usually do, I'd go to the mall specifically looking for clothes — I would go on a two-hour run." The money she saved by not shopping helped her pay off debt faster.

For folks paying off debt, Ehrmantraut's approach — that is, replacing an expensive hobby with an inexpensive one — is a brilliant psychological sleight of hand. It also highlights an important point: Paying off credit card debt is hard work, but it doesn't have to feel tedious. These tricks can help you tackle your debt with less effort.

1 Transfer your balance

To bring your balance down faster, initiate a balance transfer, in which you move your debt to a credit card with an introductory 0% APR period. This can help your debt disappear faster, even if you keep making the same payments each month, because you're not racking up interest during the promotional period.

2 Automate

Saving money is easiest when you don't have to think about it, Ehrmantraut found. That's why she began automating it while paying off debt.

"Every paycheck, I'd have $50 automatically moved from my checking account to my savings account," Ehrmantraut says. "And as soon as that account hit $300, I'd make a credit card payment."

3 Snowball

Your debt payoff goals might be big and ambitious, but sometimes it pays to start small.

"Setting goals to pay off small accounts and celebrating those successes can help you go a long way in paying off your debt," says Jim Triggs, senior vice president of counseling at Money Management International.

This strategy, dubbed the debt snowball method by personal finance guru Dave Ramsey, might not seem like the most mathematically sound approach. No matter their size, your highest-interest debts will likely be the costliest. But paying off debts from smallest to largest might give you the momentum you need to keep going.

4 Painless spending cuts

For Carrie Smith Nicholson, of Denver, a change in diet made it easier to save money and pay down debt. After going through a divorce, she paid down $14,000 in 14 months by working three jobs and aggressively cutting costs. Of all the changes she made, not buying red meat at the grocery store was a relatively painless one.

"It was a little bit challenging, but it wasn't too bad," Nicholson says, noting that red meat is typically more expensive than chicken, fish and vegetarian options. "I'm automatically drawn to more of a chicken- and fish-based diet anyway."

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Math, momentum favors Villanova over Michigan in National Title game

Can the Wildcats shoot the lights out again Monday night in the National championship game?

JON MARKS
@MetroPhilly
sports@metro.us

There's any number of reasons Jay Wright has Villanova back in the NCAA championship game and going for its second title in three years against Michigan tonight, after the Wildcats disposed of shellshocked Kansas, 95-79, in the Final Four national semifinal late Saturday night in San Antonio.

And while their defense and rebounding are beyond dispute and they can move the ball and find the open man better than anybody, the key to their success really comes down to one basic thing: Math.

Never was that more apparent than watching Nova systematically take apart the Jayhawks, who offered only sporadic resistance once the Wildcats broke out of the gates 22-4 in the first seven minutes. Villanova passed VMI for the all-time three-pointer mark in a season and are now at 454 — and counting.

"Obviously we're very talented offensively," All-America guard and AP Player of the Year, Jalen Brunson said. "We have a lot of weapons, but when it comes to us staying together on defense, that's what makes it special. We're going to keep getting better and keep getting better tomorrow and be ready for Monday."

That's what John Beilein's Wolverines will be up against after Michigan burst media darling Sister Jean and her Loyola of Chicago's bubble, 69-57, in Saturday's opener.

The Wildcats and Wolverines tip off just after 9 p.m. on CBS Monday. GETTY IMAGES

It's Michigan's second time in the title game in the last six years, the Wolverines falling to Louisville 82-76 in 2013. For Villanova, going for its second crown in the last three years, this will be the fourth time in the Big Game.

Of course, none of that will mean a thing Monday night in the Alamodome, where Villanova dispelled the common theory teams just don't shoot well in such a setting, going a gaudy 18-for-25, 72 percent on two-point attempts, to go with their blistering 18-for-40, 45 percent from long distance.

Chances are they'll cool off a bit against a 33-7 Michigan team that needed Jordan Poole's 3-point buzzer beating prayer to get past Houston in the second round. The Wolverines have been on a roll since, largely thanks to their rugged defense and the inside play of center Mo Wagner.

The Wildcats can do much more than shoot the rock, their defense holding opponents to just 42.8 percent, while hitting 50.1 percent themselves. More telling is the 3-point disparity, 454-269, which accounts for a whopping 86.8-70.4 point differential.

"We've had some good ones, but this is definitely our best offensive team," said Wright said following Nova's 28th double digit latest win, 23 of them by at least 15 points. "We shoot them up and we sleep in the street. Sometimes they go in. Sometimes they don't. This is one of those nights where everything went in."

For Villanova that's been the rule this season rather than the exception. Tonight, taking nothing for granted, they go for all knowing full well one thing: The math favors them.

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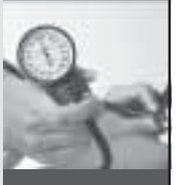

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Knicks rumors: Will Rivers be next head coach after Hornacek?

While there is no official word on Hornacek's future, his time in New York is likely up.

JOE PANTORNO
@JoePantorno
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Jeff Hornacek joins a list of losing head coaches to head the Knicks in recent history. GETTY IMAGES

Knicks recent head coaches

Jeff Hornacek
2016-present
(31-51)

Kurt Rambis
2016 (9-19)

Derek Fisher
2014-16 (40-96)

Mike Woodson
2012-14 (109-79)

Mike D'Antoni
2008-2012
(121-167)

Isiah Thomas
2006-08
(56-108)

Larry Brown
2005-06 (23-59)

Mercifully for the New York Knicks, just six games remain in another disappointing season where, for the fifth-straight season, they will miss the playoffs.

This was a team entering the 2017-18 season that was considered a fringe contender for the No. 8 seed in the East at best, but the season-ending injury suffered by Kristaps Porzingis in February effectively ended the team's campaign then.

Since then, head coach Jeff Hornacek has been forced to roll out a roster that lacks a true star, piecing together starting fives like a 1,000-piece jigsaw puzzle without the directions.

It's just the latest thing to have gone wrong during Hornacek's tenure controlling the Knicks bench. In his two seasons in New York, Hornacek has compiled a miserable 58-100 record, that 100th loss coming on Wednesday night against the Philadelphia 76ers.

And while it's unfair to pin a majority of the blame on him considering he's been working with a class of talent not fit for postseason contention, it seems likely that his time as head coach at Madison Square Garden is up.

Hornacek was hired by former team president Phil Jackson, who has since left the team and was replaced by Steve Mills and general manager Scott Perry. Should they wish to continue to move the organization in a different direction, their direction, it's only logical to bring in a head-coaching candidate of their choosing.

Team sources have confirmed to Mitch Lawrence of the Sporting News that Hornacek's tenure could be over at the end of the season.

A possible replacement? Doc Rivers.

That's according to Marc Berman of the New York Post, who also listed Mark Jackson as a possible replacement as well.

Rivers is currently fighting for his playoff life with the Los Angeles Clippers as they are one game out of the final spot in the West despite dealing away Chris Paul and Blake Griffin over the last year. It's been an admirable performance by the head coach despite rumors of his removal from the position growing.

The 56-year-old played two-plus seasons with the Knicks during a 13-year playing career before becoming one of the best coaches of this generation.

During a nine-year run as Boston Celtics head coach, Rivers won an NBA title in 2008 and another Eastern Conference crown in 2010 before joining the Clippers in 2013. He recorded 50-plus wins in each of his first four seasons in LA.

Per Lawrence, there is a "growing sentiment within New York's hierarchy" that Rivers is their guy.

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SUPREME COURT
COUNTY OF QUEENS
MASPETH FEDERAL SAVINGS AND LOAN ASSOCIATION, Plaintiff against VELAPPAN VEERASWAMY, KAREN VEERASWAMY, ASHA VEERASWAMY, et al Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale entered on April 14, 2017. I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Boulevard, Court Room # 25, Jamaica, N.Y. on the 13th day of April, 2018 at 10:00 a.m. premises described as follows: All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being at Richmond Hill, Long Island and Shown on a map entitled. "Southern part of Man Tract, Richmond Hill, Queens County, New York, made by A.P. Man, C.E., October 1898, filed in the Office of the Clerk of Queens County and described with reference to said map as follows: BEGINNING at a point on the easterly line of 115th Street (formerly known as Oak Street and Hamilton Avenue), distant about eighty nine and twenty-four hundredths (89 24/100) feet Northerly from the intersection of said easterly line with the northerly line of Myrtle Avenue; RUNNING THENCE northwardly along the easterly line of Oak Street, seventy five (75) feet to land now or late of Christine Pederson; THENCE eastwardly at right angles with Oak Street, one hundred (100) feet; THENCE southwardly with Oak Street, seventy five (75) feet; THENCE westerly at right angles with Oak Street, one hundred (100) feet to the point of BEGINNING. Said premises known as 85-45 115th Street, Richmond Hill, N.Y. 11418.
(Block: 9223, Lot: 39).
Approximate amount of lien $152,451.78 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale.
Index No. 11854-14.
Kerry Katsorhis, Esq., Referee.
Masone, White, Penkava & Cristofari
Attorney(s) for Plaintiff
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NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS,
CITIMORTGAGE, INC.,
Plaintiff, vs. MERCEDES M. ALAVA; JOSE A. POUSO, ET AL.,
Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on February 06, 2018, I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on April 13, 2018 at 10:00 a.m., premises known as 153-10 Bayside Avenue, Flushing, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 4838 and Lot 34. Approximate amount of judgment is $645,845.16 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 700611/15.
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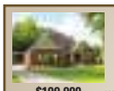

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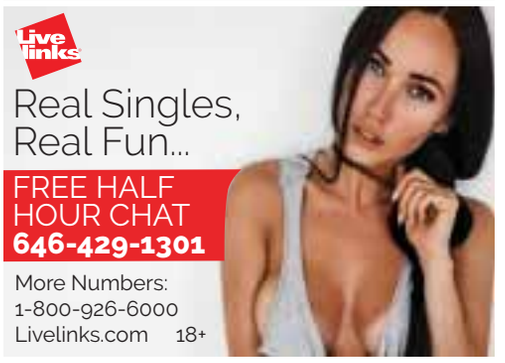

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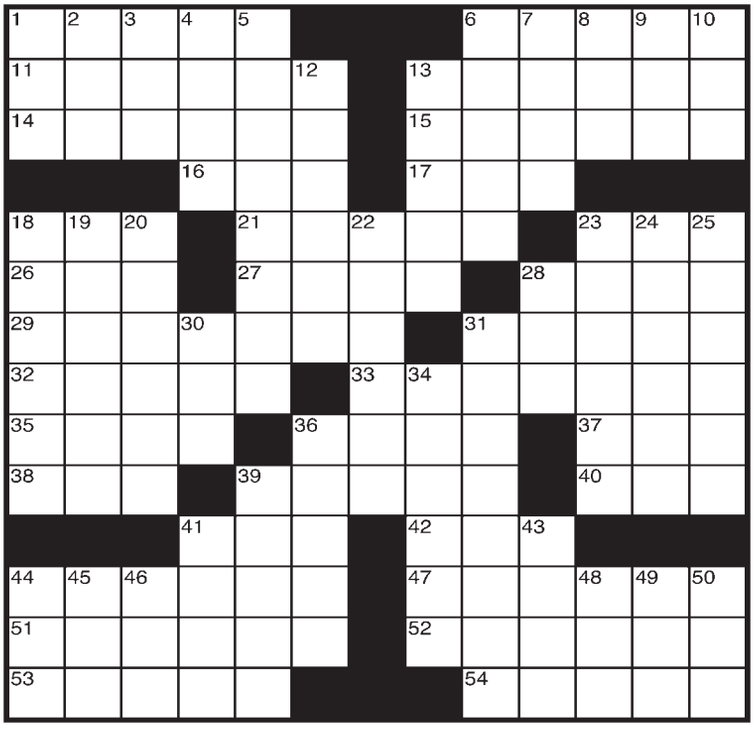
Across

1 Zen master's poem
6 Scenic sights
11 Adds beauty to
13 Sore
14 Coffee go-with
15 Watch sites
16 -- Paulo, Brazil
17 Formic acid producer
18 Ruby
21 "Lorna --"
23 Qt. parts
26 Yale alumnus
27 -- Xiaoping
28 Castle defense
29 Baroque composer
31 Protest
32 Rust or water
33 Wield a scalpel
35 Notorious pirate
36 Troop group
37 Drops on the grass
38 Prior to
39 Lint locale
40 RN stations
41 Cry out loud
42 Hack's vehicle
44 Chevy or antelope
47 Cream puff
51 Spruce up
52 Rugged
53 Gave a darn
54 Know intuitively

DOWN

1 Ate for dinner
2 Oklahoma town
3 Charged particle
4 Momager -- Jenner
5 Bare a mare
6 Jules of sci-fi
7 Put one's foot -- --
8 Magazine execs
9 Clammy
10 Almost-grads
12 Frightened a fly
13 Guitar sound
18 Rescind
19 Alchemist's potion
20 Multiply, to amoebas
22 Pungent
23 Hair ointment
24 Not as loose
25 Scatters
28 Sea, to Cousteau
30 Total
31 Takes away
34 Jigsaw components
36 Kind of sprawl
39 Allotted
41 Cloy
43 Between green and indigo
44 Financial mag
45 -- culpa
46 Birdie plus one
48 Comics prince
49 Badges and such
50 Deli bread choice



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easy

6		9	5	4	8			
		1	3					8
						5	9	6
		7						9
	9		1	2	5		8	
3						4		
1	6	3						
7					2	6		
			6	3	4	8		7

hard

					9		5	6
	7		6	3		9		
9	6				7		3	1
	1	3	2					
				7				
					4	5	1	
7	8		1				9	2
		6		8	2		4	
2	3		7					

metro.us/horoscopes

Aries Your reputation may be in jeopardy if you aren't reasonable. Don't let anger take over and lead you into a situation that could damage your personal or professional future.

Taurus Listen to the voice of reason and someone who has more experience. What you learn will help you avoid getting involved in something that can put a dent in your wallet.

Gemini Getting together with old friends will also bring back matters you left unfinished. Expect someone to remind you of something you'd rather not deal with or think about.

Cancer Try something new or learn a new skill that will help you stay current with the latest trends. An interesting encounter will turn into an opportunity.

Leo Emotionally fueled spending is apparent. Instead of going shopping, work on clearing a space you can use to study or start a small business that will bring in extra cash.

Virgo Look at every facet of a situation and the cost involved before you make a move. Don't feel you must follow in someone else's footsteps. Do what feels right.

Libra An opportunity will not be as good as you've been led to believe. Don't fold under pressure or agree to something without knowing the risk involved.

Scorpio Expect travel delays or to be faced with opposition. Nothing will run smoothly, but if you are diligent and go about your business strategically, you will make progress.

Sagittarius Problems at home will leave you perplexed if you have allowed someone else to take care of domestic matters. A financial situation should be dealt with swiftly.

Capricorn Don't take what others say to heart. Someone who lacks discretion can be silenced without nastiness. Dealing with friends and relatives will be difficult. Stick close to home.

Aquarius Weigh the pros and cons regarding how you earn your income. You may want to consider branching out and taking on something more challenging.

Pisces Look for a new interest, hobby or creative outlet. Being active will help support your emotional outlook and give you a sense of accomplishment and belonging. EUGENIA LAST

Yesterday's answers

B	A	M		M	O	S	T		B	R	A	D		
A	M	Y		E	P	E	E		M	I	M	E		
L	O	N	E	L	I	E	R		O	V	A	L		
D	R	A	G	O	N		M	A	V	E	N			
			O	D	E	S		P	I	T	A			
P	E	P	S	I		P	E	T	E					
T	O	O		C	H	E	R		S	K	Y	S		
A	S	I	F		A	W	R	Y		O	O	P		
			A	X	L	E		A	N	I	M	A		
	S	A	I	L		D	U	N	E					
	W	O	R	S	E		S	K	I	E	R	S		
L	I	R	E		O	R	I	E	N	T	A	L		
A	R	T	S		N	I	N	E		A	R	I		

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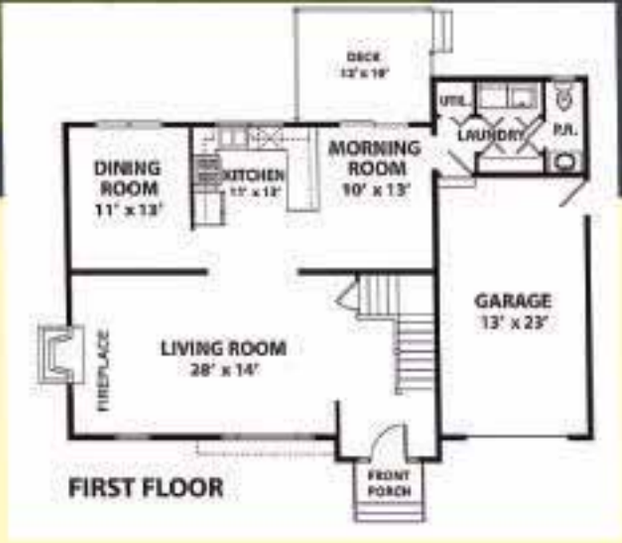

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